

# BE HEALTH SMART

It's the best way to stay healthy and protect yourself from getting sick all year round.

- Eat well-balanced, nutritious meals
- Get plenty of rest—aim for 8 hours a night!
- Stay hydrated
- Wash your hands often
- Avoid touching your face
- Cover your cough or sneeze
- Clean your hands often
- Discard tissues after use
- Disinfect commonly touched items like doorknobs and phones
- Avoid sharing drinks, phones, tablets, earbuds, keyboards, makeup or toothbrushes



**Thank you for helping us keep our community healthy and safe!**

**Questions?** We can help.

Contact the Pelham Medical Service at the Schacht Center for Health and Wellness:

For medical appointments • 413-585-2250

For nursing advice • 413-585-2813

